

Black Bean Hummus II (Vegan, Gluten-Free)

Good dips are a must for any barbecue. They keep hungry crowds at bay while the chef heats up the grill. This recipe dip / spread recipe was adapted from The 12 Best Foods Cookbook by Dana Jacobi. Her focus is on recipes utilizing the following 12 superfoods: broccoli, black beans, tomatoes, salmon, soy, sweet potatoes, oats, onions, blueberries, walnuts, spinach, and chocolate. Although it is not an entirely dairy free book, there are many healthy recipe ideas, and the few dairy ingredients utilized in her recipes may be easily substituted.

Ingredients:

- 1 15-oz can black beans
- 1 clove garlic
- 1/4 cup soft silken tofu
- 2 tablespoon tahini
- 1 teaspoon ground cumin
- 1 tablespoon extra-virgin olive oil
- Juice of 1 small lime
- Salt and freshly-ground pepper
- Ground sweet paprika

Directions:

1. Place the beans, garlic, tofu, tahini, cumin, oil, and lime juice in a food processor. Whirl until the mixture is smooth. Season to taste with salt and pepper.
2. Serve in a bowl, garnished with a sprinkle of paprika. Black Bean Hummus will keep for 4 to 5 days, tightly covered in the refrigerator.